

Long Livo

Riced Cabbage Recipe: Quick & Easy Side Dish

5 min Prep time	**10 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Riced Cabbage

- [ ] 1 medium head green cabbage (about 2 lbs)
- [ ] 2 tablespoons olive oil
- [ ] 1 small yellow onion, finely chopped
- [ ] 2-3 cloves garlic, minced
- [ ] 1 teaspoon salt, or to taste
- [ ] 1/2 teaspoon black pepper, or to taste

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] A squeeze of fresh lemon juice

Instructions

1. First things first, let's prep our cabbage. It's a satisfyingly simple process. Remove any dark or wilted outer leaves from the head of cabbage and give it a quick rinse under cool water. Pat it dry, then place it on your cutting board. Carefully cut the cabbage in half from the top down, then place each half cut-side down and slice it in half again to make quarters. Now you can easily see the dense core—just slice that part off and discard it. Roughly chop the remaining cabbage into large chunks, about 1-2 inches wide. They don't have to be pretty, just small enough to fit into your food processor.

2. Now for the fun part. Place the cabbage chunks into the bowl of your food processor. It's important not to fill it more than halfway, so you'll likely need to do this in two batches. Secure the lid and use the pulse function. This is the key to getting that perfect rice-like texture. Give it about 8 to 10 short pulses. You want to stop when the cabbage is broken down into small, uniform pieces that look like couscous or rice. If you blend it continuously, oops, you'll end up with a watery purée, so pulsing is definitely the way to go. Set the riced cabbage aside in a large bowl.

3. Let's build some flavor. Place a large skillet or a wide-bottomed pot over medium heat and add your olive oil. Once the oil is shimmering slightly, add the finely chopped yellow onion. Let it cook, stirring occasionally, for about 3-4 minutes until it becomes soft and translucent. The gentle sizzle and sweet smell are just divine. Next, add the minced garlic and stir it around for about 30 seconds to a minute, just until it becomes fragrant. You want to be careful here, as garlic can burn quickly, which would give the dish a bitter taste we want to avoid.

4 Time to bring it all together. Add the big bowl of riced cabbage to the skillet with the onions and garlic. Use a spatula or wooden spoon to gently toss everything together, coating all those little cabbage bits with the flavorful oil. Season generously with salt and black pepper. Continue to cook, stirring every minute or so, for about 5 to 7 minutes. The cabbage will soften and become tender, but you still want it to have a tiny bit of bite. Taste a little spoonful and adjust the seasoning if you need to. Just before serving, a sprinkle of fresh parsley or a squeeze of lemon juice can really make the flavors pop. It’s just that simple.

Nutrition per serving

95 kcal	2 g	8 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the best texture, make sure not to overcook the cabbage. You want it to be tender-crisp, not mushy. It cooks much faster than you might think, so keep a close eye on it, especially the first time you make it. A little bit of bite makes all the difference.
- Feel free to get creative with spices! A pinch of red pepper flakes adds a lovely warmth, some smoked paprika gives it a smoky depth, and a dash of turmeric lends a beautiful color and earthy flavor. Add the spices in with the garlic to let them bloom in the oil.
- If you have leftovers, they make a wonderful base for a quick lunch the next day. I love to reheat the riced cabbage in a pan and top it with a fried egg and a dash of hot sauce. It's also delicious stirred into soups to add extra body and vegetables.